

Abstract

A method and device for training persons to remain within a safety zone. An emitter establishes a safety zone that is not to be exceeded by the person, and an adjuster may be operatively connected to the emitter to adjust the size 5 and position of the safety zone. A sensor is placed away from the emitter to indicate when the person moves outside of the safety zone. The method comprises activating the emitter and positioning the person within the safety zone. When the person nears the signal or exits the safety zone, an alarm is indicated to the person and/or a facilitator. Upon return to the safety zone, the 10 alarm may be deactivated and the training procedure within the safety zone can continue.